

# Green Bean Saute

Rating: ★★★★★

Makes: 6 servings

## Ingredients

- 1 **cup** onion (chopped)
- 1 **cup** mushroom (sliced)
- 1 **teaspoon** garlic (minced)
- 1 **can** green beans (16 ounce, drained, cut)

## Directions

1. Spray a skillet with non-stick cooking spray.
2. Sauté onions, mushrooms, and garlic.
3. Add green beans and heat thoroughly.

Ponichtera, Brenda RDScaleDown Publishing, Inc., Quick and Healthy, Vol.II, 1995, p.93

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	35	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	6 g	2%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	190 mg	8%